NEW DISCOVERIES ALL OVER THE EARTH

WHERE Your WORRIES and Fears Really Come FROM

How Unpleasant Things and Harsh Words in CHILDHOOD Pursue Us in Hidden Guise ALL OUR LIVES

By William Lee Howard, M. D.

THERE are many little fears that at some time of our life make us very miserable. Most of these nagging, injurious and useless fears come when we are starting in real life—before we have become toughened to its worries.

There is the fear of losing the respect of old friends, the teasing idea that we are going to be failures, and that most destructive fear of all, that of the loss of self-confidence.

Many of these conditions have always been considered from the preacher's or philosopher's view, but really they belong to that branch of medical science we call psychology—the understanding of the working of the mind. This science has opened to us a cure for most of these worries by a method of self-analysis.

Let us take the fear a young woman has that she will not be able to satisfy her employer; that she is being undermined by some one else. It is an awful fear and a very common one. It is all very well to tell her: "Nonsense; you are worrying about nothing—stop it!" She would if she could, so such old advice is useless; it is unscientific.

But what is the trouble, and how can she remedy it?

The origin of the uprising of this and similar fears lies way back in childhood—perhaps in babyhood. The girl had parents or teachers who were always telling her that she was careless or not to be depended upon. Constantly, daily, her developing brain cells were being trained to listen to words of reproof or suggestions of failure. "If you do not look out, Mary Smith will get ahead of you. Unless you act differently you will be dropped from the class." Or else the mother, in a moment of forgetfulness, will exclaim: "Nellie, if you keep on as you are you will never be anything but a complete failure in life—this is certain, and you remember it!" And her subconscious brain does remember it, although her conscious brain does not recognize the fact. The fear is the awful memory of these wrong reproofs.

These and many other harsh words—kindly meant, but ignorantly applied—placed way back in the subconscious life, the germs of self-fear, of the idea of want of ability, of a spring of worrying thoughts which only wait to well up and take possession of the young woman's mind when the contest in life commences.

There is no more favorable opportunity for all this to take place than that of the girl's first struggle for herself—worker or wife. For an ignorant husband can be the worst kind of a nagger and soul destroyer. He does not mean it, of course, but that is not the point.

No matter what position a girl takes she has to be advised or ordered by some one, and in the best meaning employer blame and censure are certain to be her lot. This may be kindly meant and all for her good, but at the impressionable age, inexperienced, not sure of herself, it will worry her and later on bring a constant fear—a fear she cannot define, but one that destroys her peace of mind and poise, and, if kept up, her physical health.

Harsh Words Are Stored for All Time in the Sensitive Brain Cells of Children, and Are Responsible for Most of Our Useless Fears in After Life.

And all this is due to the awakening of those injurious ideas started when she was a child. She did not mind them then, but, nevertheless, they remained, grew and now take hold of her body and soul. Remember that no incidents of words or deeds are ever lost in the mind. Once placed there they always remain. It is the strengthening of the mind by other and more powerful thoughts that keep them hidden. In serious illness where the mind runs away from itself, we often see the horrible revelations of what had been seen and acted in childhood. All restrictive and controlling facts and habits are in abeyance and the whole self is spread for our eyes and ears to take in.

But to get back to the fear that the girl has that she will lose her position. Some girls find it impossible to work under this terrible incubus and similar horrors, and go from place to place, ever down, down, sometimes to recklessness and despair.

Now most all of these useless fears can be conquered. Those who do not recognize or realize the fearful role suggestion and incidents of forgotten childhood play in adult life will tell you these fears and distressing dreams are all unfounded, have no truth for existence. They are wrong, as we have seen they have truth and foundations, and it is the uprising of them that controls you.

True, the causes are in themselves trivial, but to you of real and great importance. They must be put back in their place and kept there. You can so surround them by powerful ideas and thoughts that they will stay incased and never come out again—that is to really trouble you.

First, remember that in everything you try to do there will be failures, mistakes and little annoyances. Get it clearly in your mind that the fears you have are those of childhood and should have nothing to do with your present life. There is no fear of losing your position or respect of friends if you have conscientiously done your best. This self-knowledge that you have honestly striven, have not shirked, been self-respecting and left every day with your allotted and even a little more work done, will—and this is positive—bring your mind matter to the point where you can encase those suggestions that childhood received.

You cannot always please others, but you can please yourself by having always a clean conscience. If you have shirked your work, if you have momentarily lost your temper, become jealous or suspicious, the check is off and then will rise the cause for the many little fears—those subconscious suggestions of early days.

And the worst of it all is that they will become stronger day by day if you allow the conditions to continue—they will become weaker day by day if you control the conditions. These are scientific facts, not academic theories.

Man LOST Covering of HAIR When He Stopped Eating BUDS

By Professor E. Bergfield, Berlin, Germany.

CLOTHING has had little to do with man's loss of the hairy covering, as appears from a comparison of clothed and unclothed men in the same latitudes.

Hair is a horny growth, just like feathers, wool, nails, hoofs, claws and horns, requiring silicious earth for its formation. All animals with great horn development feed upon food rich in silicates, especially grass—for example, horned cattle, deer, elephants, who have not only great tusks, but horny hides. Birds, which require a large amount of silicates for their dietary by eating sand and gravel. The wonderful digestive power of the fowl's gizzard is well known. Italian investigators have found massive glass balls crushed to powder in the gizzards of fowls. Spallanzani expertmented with a turkey-cock, feeding him twelve sharp steel points in an electuary, or cake, and he found after eighteen hours, when he opened the gizzard, that the little blades were broken up and crushed, and not one had even scraped the interior of the gizzard.

Since it is plain that food rich in silicates produces horny growth of all kinds, whether feathers or hair, it is plain that food which is poor in silicates tends to reduce the formation of horny substance in animal or man, thus reducing the strength of the bones, causing rickets, and in hens, causing them to lay eggs with leathery shells. That in sheep a change of diet produces loss in growth of wool has been proved by taking sheep from Tripoli to Fessan, where after two years they almost altogether lost their wool. In Fessan they did not find the luxuriant grass to which they had been accustomed, for in Fessan every one lives on dates—camels, horses, dogs even, and man.

That our domestic swine, which are descended from the hairy bristled wild hogs, become almost hairless can be attributed to nothing else than the lack of silicates in their food. The change of the color of skin from the dark color of the wild hog to the almost white skin of the domestic swine may also be attributed to the change from the natural food, consisting of fruits, nuts and roots, to the food we give our domestic swine, which consists so largely of milk, and has salt added thereto, the great bleacher.

It is, therefore, more than suggested that man became naked, and lost most of his hairy covering because his food lacks silicates. In prehistoric ages, when fruits had not developed their fine taste or been cultivated by man to that end, prehistoric man, like the anthropoid apes of our day, ate largely of vegetables, buds and young twigs. Prehistoric man supplied his system with silicates through these buds, twigs and roots, but as fruits developed their finer flavor man ate more of these and less of the more tasteless herbs and twigs, thus diminishing the supply of silicates and at the same time decreasing his hairy covering. When they ate only the inside of the bananas and threw away the skins, they threw away their own skin-covering at the same time. They began to supply something of the silicate to the human system again when man began to eat wheat and grains of other kinds, and for this reason the white races of Europe have more of a hairy covering than negroes, Malays and Indians. But, as of late the Europeans are ceasing to eat whole-wheat bread, making their bread chiefly of the inside of the grains and omitting the rich outside so full of silicates, the hairy covering is being affected, even so far as to increase the tendency to baldness and thinness of hair on the head. The thinning of the hair in prehistoric man began first on the stomach side, which was less exposed to irritation by sun and rain than the back, as it was natural to protect the face from the play of the elements.

Among many savage nations it is the practice to pull out the hair on the face by the roots, and especially is this the case with the women. The persistence in this practice through generations resulted in the weakening and final destruction of these organs in the skin which tend to produce hair, thus accounting for the general beardlessness of women.

Heart-of-the-Palm Is the NEWEST SALAD

PROBABLY the newest thing in the way of a salad, and also the costliest, is the heart of the palm. That is, in plain English, it is the heart of the palm, but, of course, any one who can afford to buy or to serve their guests with such a rare salad can also afford to give it the French name of "Coeur de palmier."

This salad is just what its name represents it to be, the heart of the tropical palm. Tropical palms are not extra rapid of growth; they cannot be planted season after season and come up week after week, or at least month after month, on the same little garden plot, as one can raise lettuce, and for this reason and the fact that they have to be secured in the tropics and carefully tinned, makes them unusually expensive.

It is indeed a rare delicacy. Its costliness is not merely its only advantage among the extremely wealthy, but it does have a splendid flavor and one that is absolutely unlike any other salad.

Herein lies another reason for its great value. The hostess knows that in serving this her guests must notice the delicate flavor and know at once that it is a rare and costly delicacy, and it is just that sort of thing that pleases the host or hostess who goes to great pains and expense to set forth something unusual.

Already there are a few of the more select hotels in this country and also abroad that include this on the menu. As it is generally in tins, this is not difficult. Coeur de palmier salad somewhat resembles asparagus, although the resemblance is not great. Yet it looks more like asparagus than any other of our kitchen garden vegetables, but it is by no means so uniformly round as asparagus. It is of delicate green color and the stalks are short.

A close examination discloses to any one who is at all familiar with the small tropic palms that this salad is in reality made from the tender hearts or top shoots of these palms. These hearts are cut in halves and then for market purposes are carefully preserved in tins. They are best liked when served on leaves of crisp lettuce with a covering of either mayonnaise or French dressing.

Saving X-Ray Operators by Means of LEADED SILK

THAT the X-ray is deadly as well as decidedly beneficial has been demonstrated altogether too many times in the past by the manner in which so many operators of X-ray machines have become terribly and permanently crippled and in many cases have lost their lives.

As is well known, lead is about the only thing that will protect the body from the "Roentgen" rays, as they will not penetrate the lead. Because of this X-ray operators use aprons of lead, and also add large shields over the entire body, and especially the hands. But these are naturally clumsy, because of their great weight, and interfere to a certain extent with the work of the operator.

According to an announcement from the French Academy of Science, this will soon be done away with through the discovery of a fabric called "leaded silk." The inventors have been able to weave a silk cloth which is so heavily impregnated with various substances, particularly lead, that it makes an armor actually impenetrable by the rays. Clothes made of six thicknesses of this leaded silk afford, the manufacturers declare, ample protection to the hands, no matter how long or how steadily the operator may be handling the machine.

All this means that physicians, surgeons, and especially their skilled assistants, who handle their machines, will be able to do twice as good work as heretofore, with the danger reduced to a minimum.

German Scientists' Simple FORMULA for GAINING WEICHT

NOT long ago an English publication credited a German scientist with the statement that one could gain flesh and health by partaking of common egg shells. This seemed so remarkable a statement that the editor of this page wrote to Professor R. Emmerich of the Hygiene Institution of Munich, Bavaria, the scientist in question, and asked him about it. The professor promptly replied that the English statement was a rather poor translation of what he had said, and explained how the error came about. As a result, however, this eminent scientist has practically demonstrated how almost anyone can gain flesh and health for about sixty-five cents. Chloride of Calcium, wrote the professor, was translated in the English publication as Chloride of Egg Shells. Egg Shells contain carbonate of calcium—the old name being carbonate of lime.

"Human life," explained Professor Emmerich, "demands certain salts and limes, and without these the human machinery isn't at its best." He and his assistant, Doctor A. Loew, have devoted much time and study to find out what these minerals are, and scientifically experimented on how the absence of them would affect the human body. They found that if they were withheld for three weeks the loss of general vitality and weight could be perceived. In some cases the absence of these salts and limes could be withheld for a period of from three to four months, but sooner or later the state of vitality would be so low that it verged on a complete breakdown—though recovery would be very rapid when the minerals were again given—and weight would be taken on very quickly. They found these salts and limes in a perfect proportion in crystallized chloride of calcium.

In this course the patient is advised to procure 300 grams of crystallized chloride of calcium, which can be purchased at any first class drug shop for about sixty-five cents, and dissolve it into a quart of water. This will make enough liquid chloride of calcium to last for a five weeks' treatment. This should be taken three times a day—one teaspoonful after each meal—never before a meal, or on an empty stomach. Dr. Emmerich advises the patient to accompany it with black coffee, tea—or even water. At first the dose will be a bitter one, but after a few days this bitterness will wear away. At the start of the treatment the doctor weighs the patient on a perfect balance scale, records his weight, and advises him to hold to his prescribed treatment for five weeks, and, at the completion of that time to report to him again—at the very same time of day, and in the same clothes. The results that this life aider has shown have been truly surprising. In the hundreds of cases there have been an average gain of from six to ten pounds.

Priceless Art Treasures Recently Brought Into This Country

(Continued from Preceding Page.)

side of the throne is a saint, each dressed similarly to the other, holding a palm erect. In the foreground are small figures representing the Cavaliere Messer Alessandro, who originally gave the painting to the church, and his two sons. These three persons are kneeling. The Cavaliere thus secured his immortality as a "donor."

St. Lawrence, it may be added, achieved eternal renown by being martyred on a gridiron in A. D. 258. The palm in his right hand is an emblem of martyrdom, while the book in his other hand indicates that he held the office of a deacon in the church.

The centre panel, which has a round top, is 48 inches high by 45¼ inches wide. Each of the two rectangular wide panels measures 28½ inches in height by 15½ inches in width. On each panel is a saint garbed as a monk. The background of the three panels is gilt, and the architectural framework is extremely handsome.

That is perhaps the most important of the many recent importations of really great and notable works of art into this country.

Some Easy EXERCISE That Will MAKE You Grow TALLER

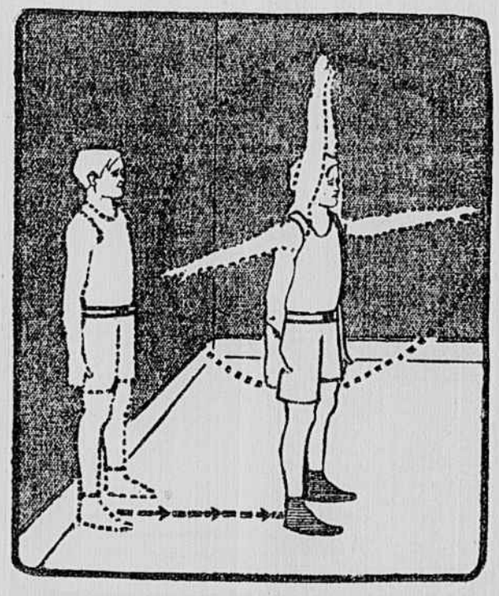
AFTER a person has "attained his growth," as the expression is, there is, of course, nothing that he can eat that will make him grow taller to any perceptible degree, although he may greatly increase his waist line. People who have attained their growth can become a little taller, however, according to many claims, if they take certain exercises, providing this is done before they are thirty years of age.

There is an exercise taken by American cavalrymen that is said to result in giving a man an extra inch of height if he will keep at it long enough, and always providing he is not more than thirty years old, for by that time the bones and cartilage have so thoroughly matured that it is practically impossible to affect them.

A number of young men just under the required height for enlistment in certain branches of the army or navy have taken this exercise with good results. This consists of standing back to a wall until you are just as erect as possible, then taking two paces forward, away from the wall. Now let the arms hang by the sides with palms outward and slowly raise the arms above the head until the fingers meet, taking care not to bend the arms in the least and keeping the palms outward. Then lower the arms. Do this thirty times in the morning and thirty times at night every day for a month or so.

It is said that this exercise seldom fails to add at least a half inch to the stature of a young man, and it has been known to give a man an added inch of height.

First, do not stoop. Nearly every one stoops a little, and this prevents us from appearing as tall as we really are. The first thing to attend to is the matter of overcoming stooping. Sit up perfectly straight at all times and stand up perfectly straight. At first this is uncomfortable, even painful, but if you persist in this it soon gets to be natural with you and you feel uncomfortable if you stoop.



If You Are Not Over Thirty Years of Age, This Exercise, Described in the Accompanying Article, Practiced Thirty Times at Morning and Night, Will Increase Your Height.

When walking or standing still always stand as erect as possible, and whether sitting at a desk or at table at dinner, sit up quite straight. If you wish to relax, do not get into an easy chair and bend over or sag down into a lazy position. Sit in a chair that will allow you to lean back, a Morris chair, for instance. Always rest in a chair by leaning back, no matter how far, but never bend forward to rest or talk or read.

It is the back that keeps us erect, or should do so, and consequently the back muscles should be hardened. Indian clubs and exercises will help in this. Once you have acquired the habit of standing erect you will look taller and you will feel better, although you won't be any taller; you will merely have straightened out the stoop.

After that, persistency in the cavalryman exercise will surely help you to gain a bit in height if you stick to it. The average height for Anglo-Saxons that nature seems to have fixed for men is five feet eight inches. There is a peculiarity about height. When both parents are quite tall the children are inclined to be a little shorter than either parent. When both parents are short their children are quite likely to be taller than either of them. With a tall father and short mother it is said the sons are more likely to be tall, while a short father and tall mother frequently results in tall daughters.

By Heating a Telephone the Sound Becomes Much Louder

IN experimenting with telephones surprising results were obtained by a Danish engineer named Petersen by simply heating the transmitter. It was found that this increased the volume of sound very considerably. In fact, a transmitter thus heated so increased the volume of sound that the receiver, laid on the table on the other end of the line, delivered the speech so plainly that all at a far corner of the big room away from it heard every word distinctly. Before the transmitter was heated this was impossible.

A Paris telegraph engineer named Germain made practically the same discovery some time before, but it was not put to use. Now Professor Hannover, of the Danish State Experimental establishment, has taken up the matter and finds that a simple apparatus may be made for heating the microphone transmitter of a telephone and thereby enable messages to be transmitted by telephone a much greater distance than is possible under ordinary conditions.

The reason for this is simple enough. The heating of the microphone transmitter results in making the air about it rarified, and this naturally carries the sound better. For telephones extending over high and weather-exposed mountain peaks and in such places where there is difficulty in making the sound carry well, this heating can be resorted to, and the line made as clear as a bell.